



Live it

Achieving your health goals always feels so good

Being healthy means having the freedom and choices to do what you want in life. But everyone has different health goals. That's why **we focus on you** — and your unique needs. So you get the support, tools and programs to help you achieve your best health.

Maybe you want to run a marathon. Or simply keep up with your grandkids. No matter what your goals are, **you can take the lead**. We'll just be there to help you along the way.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).

aetna®

[aetna.com](https://www.aetna.com)

Your health, in your hands



Get healthy on the go

Life gets busy. **Our Aetna HealthSM app** can help you out. Use it to manage your health right in the palm of your hand — wherever, whenever.

Download the app and you can do things like:

- Access your ID card
- Find a doctor or urgent care facility
- View and pay claims
- Compare costs for care
- Get coverage details



Find support when you need it

Finding the information you need to manage your health may be easier than you think. When you're not using the app, your member website can be your one-stop shop for accessing it all. You can do things like:

- Find a doctor or hospital
- Read patient reviews and ratings
- Look up costs for care
- Review your benefits
- View your ID card



Get care that's meant for you

Together, we'll create a customized care plan to improve your health and well-being. Whatever it is, **it's your choice**. You can decide what's right for you.



Savor the savings

Throughout your health journey, you'll find lots of ways to save: on gym memberships, fitness products, weight-loss programs and much more. These built-in discounts aren't insurance. And there are no claims, referrals or limits on use.



We've got your back

You'll even have **24/7 access** to trusted doctors and therapists. Connect with them via phone or video on any device. Whichever works best.

You just keep doing you. We'll be there every step of the way to help you become your best self.

This material is for information only. Health benefits and health insurance plans contain exclusions and limitations. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna[®] plans, refer to **aetna.com**.

aetna[®]